

AT100 Specification

Basic specification

Unit dimensions: Length: 141 CM (55.5 in)
Width: 74 CM (29.1 in)
Height: 123.4 CM (48.5 in)

Unit weight: 54 KG (118.8 lb)

Maximum user weight : 100 KG (220 lb)

carrying capacity: 48 x 130 CM (19 x 51 in)

Belt size: 48 x 130 CM (19 x 51 in)

Motor: 1.5 HP

Voltage: 110V 220-240VAC, 50/60Hz

Speed: 1~16 (KM/HR)

Incline: 3~9 %

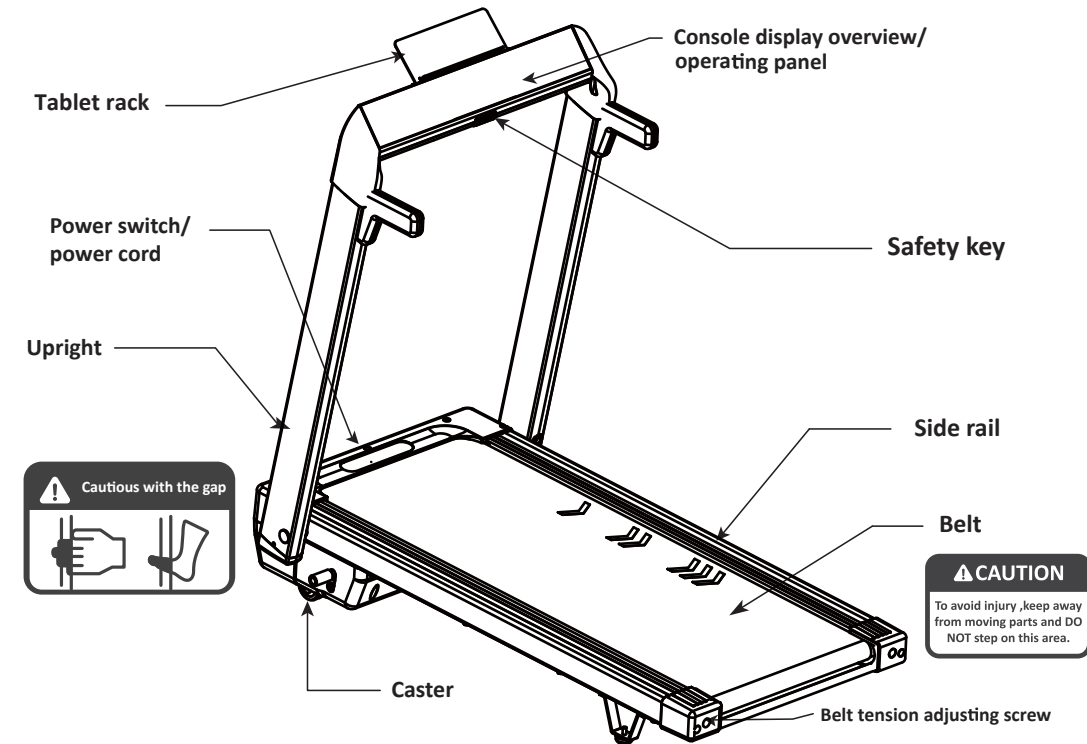
Exercise programs

P1	MANUAL	P10	CARDIO
P2	RANDOM	P11	HR HILL
P3	CROSS COUNTRY	P12	CALORIES GOAL
P4	WEIGHT LOSS	P13	DISTANCE GOAL 1.6K
P5	INTERVAL 1-1	P14	DISTANCE GOAL 5K
P6	INTERVAL 2-1	P15	DISTANCE GOAL 10K
P7	HILL	P16	CUSTOM 1
P8	THR GOAL	P17	CUSTOM 2
P9	FAT BURN		

Basic equipment

Compatible HR NFC, Bluetooth, and ANT+ devices:

USB: USB Charger



Preparations before Use

The treadmill is a simple and efficient training equipment and your shortcut to pursue a healthy lifestyle.

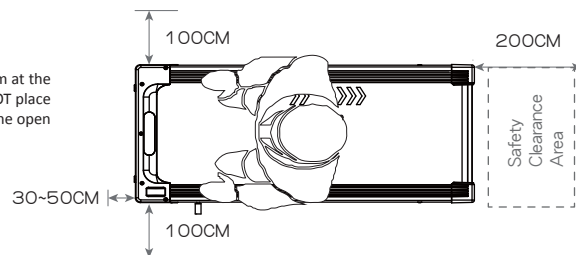
The treadmill is an equipment for aerobic exercise that can facilitate weight loss, cardiopulmonary function enhancement, and muscle tension and basic metabolic rate improvement. Good exercise habits are helpful for achieving these goals. This product can help you to build healthy exercise habit at home.

Please evaluate your physical condition before the exercise and pay attention to following advice:

- 1) Do warm-up before you start to run. Warm-up can help stretching your muscles and avoid sports injury.
- 2) Wear sneakers with a gum sole. This can effectively relieve the pressure to the knees during the workout.
- 3) Please focus on your workout and please attach the safety clip to your clothing, please also pay high attention to your safety to use smart device or any media player to watch TV/magazine during workout as this may lead to sport injury caused by poor posture.
- 4) Gradually increase your running speed. Release your grip on the handrails at a comfortable speed.
- 5) We recommend to limit your exercise to 30~60 minutes. Excessive exercise may result in knee injury or other potential injuries.
- 6) Decrease your speed from a fast walk to a slow walk for a gradual recovery when your workout is coming to the end. DO NOT leave the deck immediately after the workout to avoid dizziness.

Treadmill location

Place the machine on a level ground. Clearance requirement: 200cm at the rear, 100cm at left and right sides and 30~50 cm at the front. DO NOT place the machine in front of the indoor/outdoor vent, in the garage, in the open yard, outdoors, or near the water supply.



CAUTION
DO NOT start the machine with your feet on the belt. Please stand on foot rails when starting the machine. Start walking on the treadmill only when the belt starts moving. DO NOT start the machine with the fast run speed. DO NOT try to jump on the machine.

Safety key

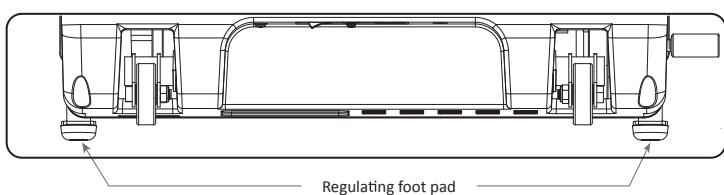
The machine will not start operating until the safety key is correctly inserted into the port. Always attach the safety key to your clothing during workout. The safety key is the device to ensure your safety, the emergency stop cutting off the power in case runner accidentally falls down on the treadmill. Please check every 2 weeks to ensure the safety key work functionally.

Correct use

Start with slow speed and gradually increase the speed to a comfortable level. DO NOT let the machine run by itself. Please pull out the safety switch, turn the power off and unplug the power cord when not in use. Stand on foot rails first and try to turn your trunk or lean forward. Please stop using any sport equipments including the treadmill immediately once you feel any dizziness, pain, exhaustion or difficult breathing.

Leveling

Level the machine before use. When the treadmill location is determined, please adjust the regulating foot pads on the deck and fix on the best position. Make sure the deck is adjusted to an appropriate height before use.



Turn on the power

Make sure the power cord of treadmill is correctly plugged. The indicator should light up when the power is on. The digital screen will light up after the beep; 3 seconds after the machine enters standby status, you can press "Quick Start" twice to proceed to fast exercise or select "PROGRAMS" and the machine will start to operate at low speed.

CAUTION
• DO NOT use the machine without using the safety clip. Please attach the safety clip to your clothing before the workout. Try to pull out the safety switch and make sure the clip does not fall from clothing.
• Damaged power cord or outlet may lead to irregular machine operation and personnel injury. Please stop the operation or workout immediately if this occurs.

Before Assembly

Accessory pack

- Safety key x 1
- Power cable x 1
- Silicon oil x 1
- Screw x 4
- Handrail x 2

Notices and safety tips

- 1) Please move and transport the treadmill carefully. Put the box on a level surface. Only open the box with its surface on top. It is recommended to put a protective mat on the floor.
- 2) Unpack and assemble the treadmill at the planned location to avoid unnecessary transportation. Pay great attention when unfastening cable tie that used for packing or fixing to avoid accidental bounce.
- 3) Please follow assembly procedure to assemble the treadmill after unfastening cable tie. DO NOT try to crane the machine.
- 4) DO NOT try to lift or move the machine with a single part or stand. (Refer to "Move/transport the treadmill" on information related to moving the product.)

CAUTION

- Please contact the distributor on the Warranty card for technical support if any part is missing or you have any question.
- Please always make sure that serial number on treadmill is same as warranty card indicated. If not, please do not assemble machine and contact Alatech's service center or distributor for further assistance. If maintenance needed, the serial number on machine and warranty card must be the same, if inconsistent serial number is found, we will not provide warranty.

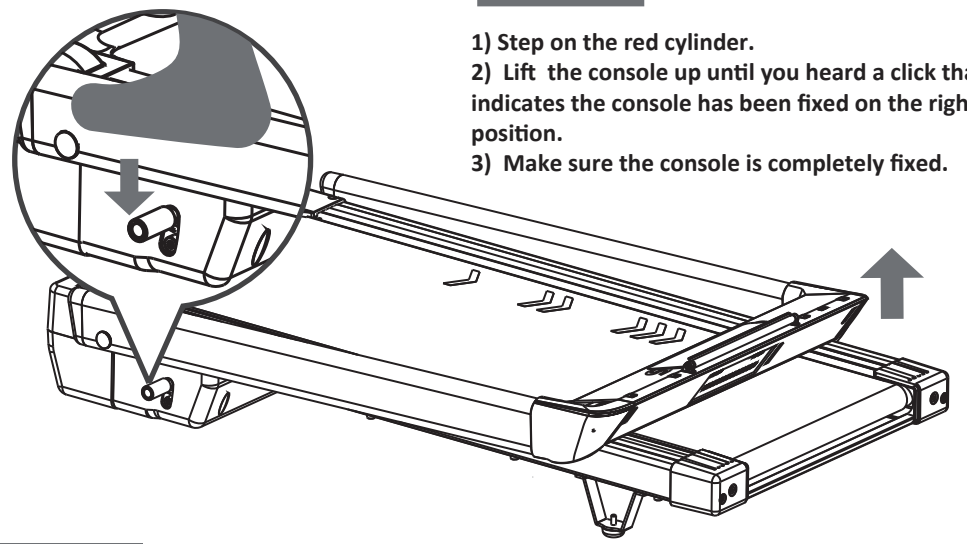
CAUTION

- Please follow the assembly instructions and steps in this quick guide and make sure all parts are securely fastened. Fail to follow the instructions may smay lead to loose parts on the treadmill. Loose parts can produce noise or may cause personnel injury. Please thoroughly read the assembly instrucion to avoid any damage to the treadmill.
- Several parts are lubricated before delivery to facilitate assembly. DO NOT arbitrarily wipe off the lubricant. You can use lubricant to assemble parts when facing any difficulty. It is recommended to use the lithium base grease for treadmill.

Assembly Procedure

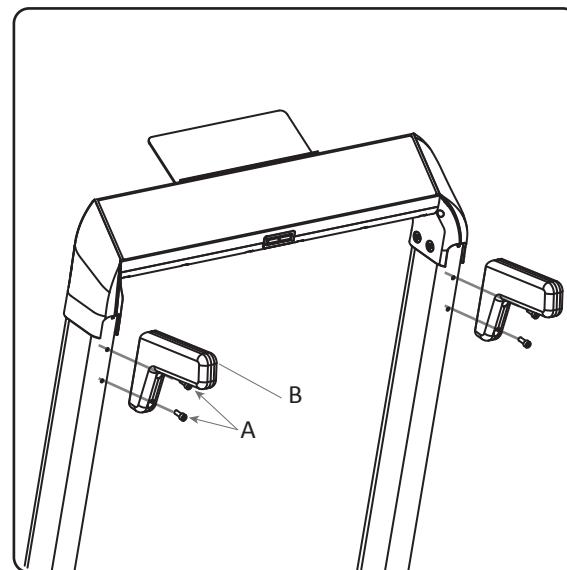
Step 1

- 1) Step on the red cylinder.
- 2) Lift the console up until you heard a click that indicates the console has been fixed on the right position.
- 3) Make sure the console is completely fixed.



Step 2

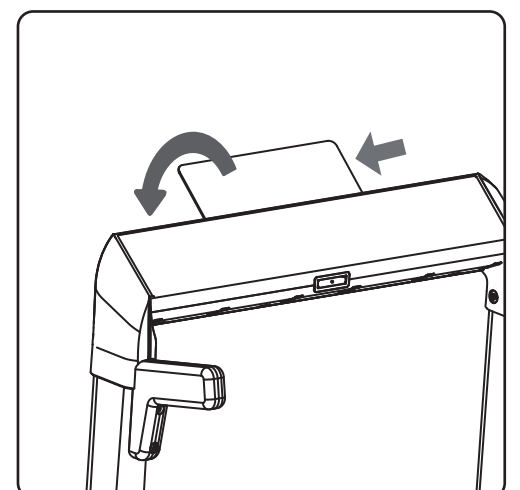
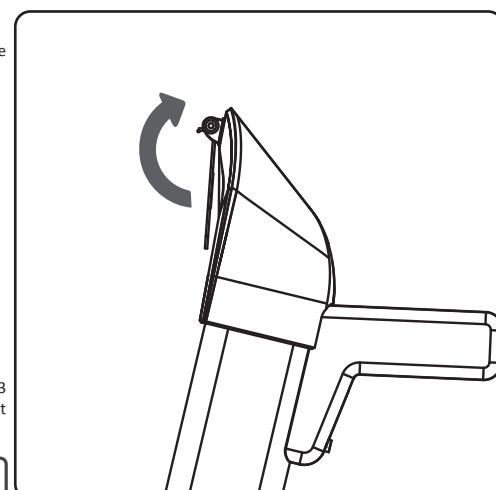
- 1) Screw both handrails tightly on the machine.



Hardware pack for step 1				
Parts	Illustration	Type	Description	Qty
A		Screw	Button Head Socket Bolt (55L)	4
B		Handle	Button Head Socket Bolt (20L)	2

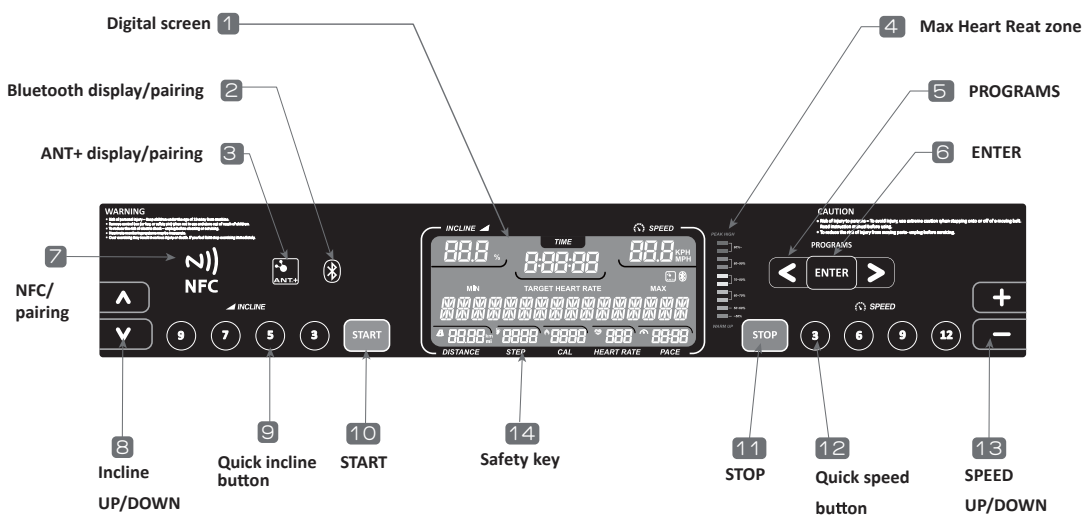
Step 3

- 1) To use the tablet rack, simply flip it up.
- 2) To fold the tablet rack, push it slightly to the left and bend backward.



Operation Panel

Please remove the transparent protective film on the operating panel before use.



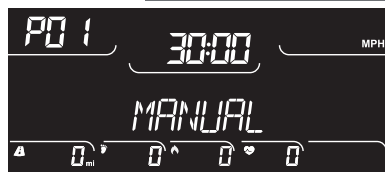
- Digital screen:** displays information such as the workout time, distance, calorie, heart rate, step, and speed.
- Bluetooth display/pairing:** Press the icon to display heart rate data from the Bluetooth-enabled device. Press and hold this button to pair Bluetooth-enabled wearable device.
- ANT+ display/pairing:** Press the icon to display heart rate data from the ANT+ paired device. Press and hold this button to pair ANT+-enabled wearable device.
- Heart Rate Zone:** Indicator of current heart rate intensity from warm up to max. heart rate.
- PROGRAMS UP/DOWN:** select via the left and right buttons to switch to different training programs.
- ENTER:** Once you have selected your program, press ENTER.
- NFC Pairing:** Pair with your NFC-enabled device to display heart rate from compatible device.
- INCLINE UP/DOWN:** gradually increase or decrease the slope (level unit=1, total=9%). It can also help you to enter quickly when setting program value.
- Quick incline button:** switch to different slope angles including levels for both warm-up and workout.
- START:** press this button to start your workout, or start the exercise after selecting the program. Press to restart the exercise after the pause.
- STOP:** press this button to pause and press it again to stop the exercise and collect the data. Press this button to return to the previous program when setting program value.
- Quick speed button:** switch to different speed values including levels for both warm-up and speed running.
- SPEED UP/DOWN:** adjust the speed (unit=0.1, ranged from 1~16KM). It can also help you to enter quickly when setting program value.
- Safety key:** you can turn on and operate the treadmill after the switch is inserted. The machine is in emergency mode when the safety key is not inserted and no operation will be allowed.



- Time :** displays in the format of HH: MM: SS. It displays your workout time or continuous workout time.
- Slope :** displays in level. It displays the slope when you are doing a fast walk or running on the treadmill.
- Speed :** displays in km or mile. displays the slope when you are doing a fast walk or running on the treadmill.
- Program :** displays the program selection. When you select the desired program, the program name will be showed on the screen accordingly.
- KM & Mile :** displays the distance in digital clock in km or mile.
- LUBE :** Reminds you to apply silicon oil: "LUBE" will be displayed flickering on the digital screen either the accumulated hours reach 100 hours or accumulated distances reach 1000km
- Step :** displays your current steps.
- Distance :** displays total distance of your workout.
- Total calories :** displays current total calories burned.
- Heart rate :** displays of current heartbeat workout intensity.
- Bluetooth connection :** when the indicator is on, the displaying heart rate data is from the connected Bluetooth-enabled device.
- ANT+ connection :** when the indicator is on, the displaying heart rate data is from the connected ANT+ enabled device.

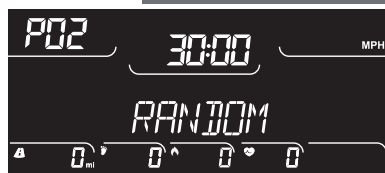
Exercise PROGRAMS

BASIC PO1 MANUAL MODE



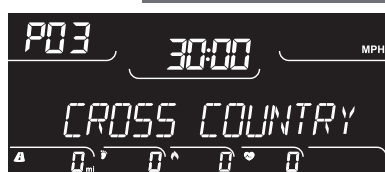
Within the set time, you can adjust speed and slope according to your physical condition at any time to train muscle tension, strength and endurance and exercise with different tensions.

PO2 RANDOM



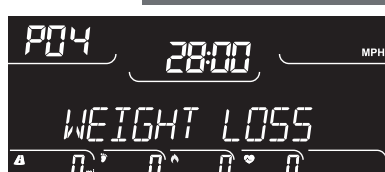
During the random workout period, your treadmill will randomly change slope. This may keep your attention while exercising the "muscle disorder" training rules. The premise behind muscle disorders is that if you continue to make unexpected changes to your workout, your body tends to burn off more calories.

PO3 CROSS COUNTRY



This program improves your muscle intensity, strength and endurance and train your heart and other peripheral muscles through the increase and decrease of speed during the workout. You can change the speed according to personal workout intensity and the machine will calculate the corresponding speed change. Under the same program, the machine can simulate the path when climbing a hill by changing slope and increase workout difficulty.

PO4 WEIGHT LOSS



This program burns your fat and leads to weight loss with the increase and decrease of speed during workout. The exercise time of this program is set to 28 minutes. Your heart rate should be between 55% and 70%, the maximum aerobic heart rate, for weight loss. Make yourself comfortable with the steps and meet the target heart rate range through adjusting the sleep and slope. (Refer to P36 for information related to aerobic heart rate)

PO5 INTERVAL 1-1



This program improves your muscle intensity, strength and endurance and trains your heart and other peripheral muscles through the increase and decrease of speed during the workout. You can change the speed according to personal workout intensity and the machine will calculate the corresponding speed change. The intensity workout with different speeds is available under the same program.

PO6 INTERVAL 2-1



This program improves your muscle intensity, strength and endurance and trains your heart and other peripheral muscles through the increase and decrease of speed during the workout. You can change the speed according to personal workout intensity and the machine will calculate the corresponding speed change. The intensity workout with different speeds is available under the same program.

PO7 HILL



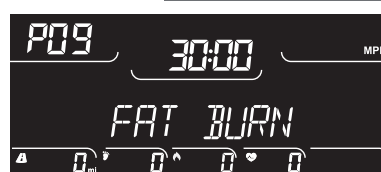
Mountain climbing mode would be ideal for treadmill exercise aimed at losing weight and leg sculpturing. The mountain climbing mode strengthens the workout and leg muscles with the tilt function of your treadmill. Jog at a constant speed to finish mountain climbing training. Increasingly tilt your treadmill until it reached the desired level after warm up. At end of the exercise reduce the slope to ease off.

PO8 TARGET GOAL



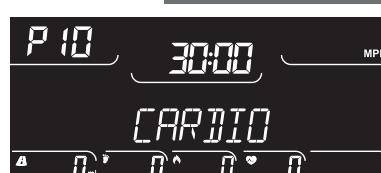
You can set target heart rate. Workout intensity is determined by heart rate detection during the workout. You can change the speed according to personal workout intensity. Under the same program, the machine can simulate the path when climbing a hill by changing slope and increase workout difficulty.

PO9 FAT BURN



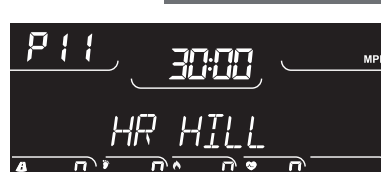
Calculate target heartrate rate based on your age and weight. Determine exercise strength by keeping heart rate in range of 60-72% over the target value. You may change speed and slope based on your heart rate. Raise training and challenge level under the same exercise mode by changing speeds and slope to meet target heartrate value.

P10 CARDIO



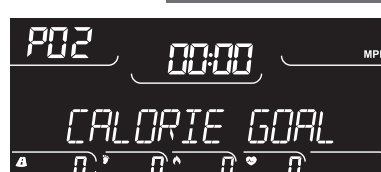
Calculate target heart rate based on your age and weight. Determine exercise strength by keeping heart rate in range of 72-85% over the target value. You may change speed and slope based on your heart rate. Raise training and challenge level under the same exercise mode by changing speed and slope to meet target heart rate value.

P11 HEART RATE HILL



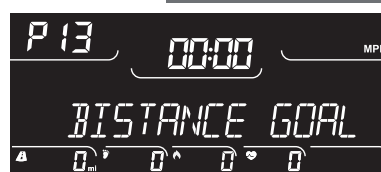
You may set up target heart rate and have the system determine exercise strength by detecting heart rate at 65%/75%/80% of target one. You may change speed and slope based on your target heart rate. Raise training and challenge level under the same exercise mode by changing speed and slope to meet target heart rate value.

PO2 CALORIE GOAL



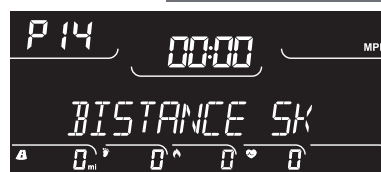
You may set up target calorie based on your habits or aligned with your training program and have the system calculate exercise calorie throughout the training session. Calculate by your age and Heart rate.

P13 DISTSNCE GOAL 1.6K



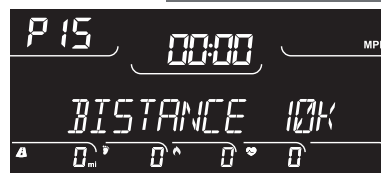
You may set up a target strength based on your habits or aligned with your training program and have the system set up a range of slopes throughout the training session. Run on different slope (for variable exercise strength) in given target distance.

P14 DISTSNCE GOAL 5K



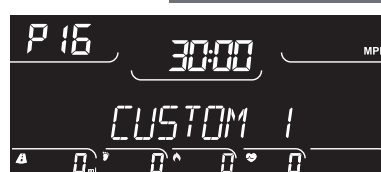
You may set up a target strength based on your habits or aligned with your training program and have the system set up a range of slopes throughout the training session. Run on different slope (for variable exercise strength) in given target distance.

P15 DISTSNCE GOAL 10K



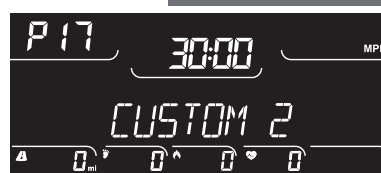
You may set up a target strength based on your habits or aligned with your training program and have the system set up a range of slopes throughout the training session. Run on different slope (for variable exercise strength) in given target distance.

WSTOM P16 CUSTOM 1



You may customize exercise and relaxation zone before training session and have the system simulate it before saving the settings in the system. Select custom exercise mode according to your workout preference.

P17 CUSTOM 2



You may customize exercise and relaxation zone before training session and have the system simulate it before saving the settings in the system. Select custom exercise mode according to your workout preference.

Grounding Instruction

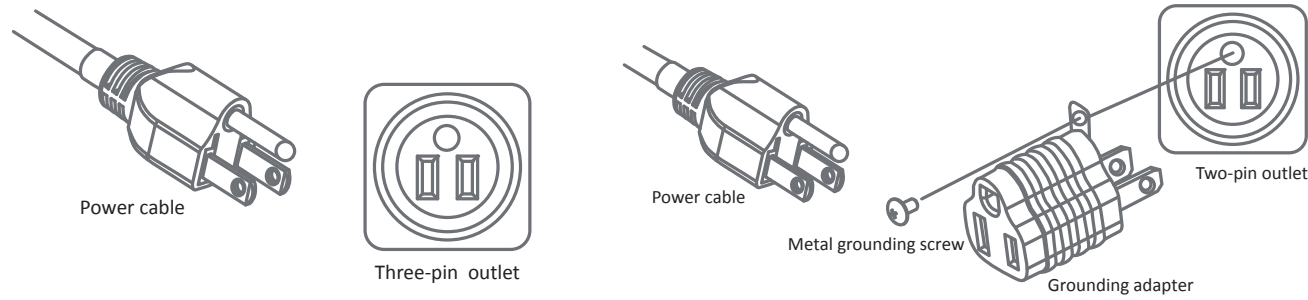
Grounding

The power socket of this product contains a grounding conductor. This socket must be inserted into the outlet via the power cord with grounding latch. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.

Outlet

This product uses a rated voltage of 220V or 110V and comes with a three-pin power cord as shown in the following illustration. If the grounding outlet is not available, please use grounding adapter to connect this plug to the two-pin outlet. Please have qualified electrician to install the grounding outlet correctly before using the adapter. Please connect the grip or similar adapter extension to the ground and fix with the metal screw whenever the adapter is used. Refer to the following illustration.

Do determine the power cord is electrically related for 220V or 110V by checking the specification label. Please make sure the cord is connected to the plug with correct voltage. DO NOT use the power cord via adapter or extension cord to avoid any component damage or personnel injury caused by sudden voltage changes such as voltage surges and spikes.



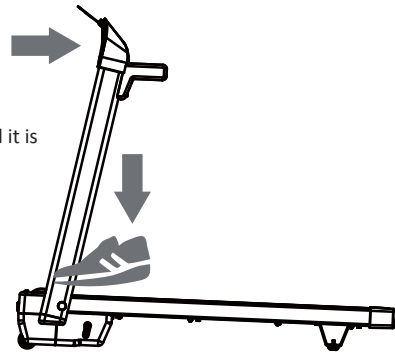
CAUTION

- The above illustrations only show three-pin power cord power cord and outlet or two-pin outlet and grounding adapter. The type of three-prong, two-prong and grounding adapter may vary in different countries. The enclosed power cord will be provided according to local regulations of each country.
- Make sure the power cord is connected to the outlet with correct voltage. DO NOT connect the power cord to the outlet via voltage adapter or extension cord to avoid accidental current that may damage component and lead to personnel injury.

Move / Transport the Treadmill

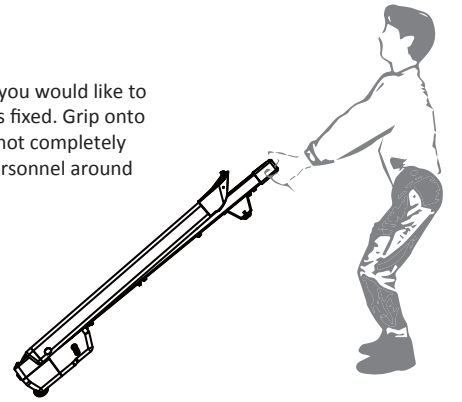
Folding Instructions

Please step on the red cylinder, gently let down the console stand until it is folded on top of the deck and the cylinder stick has been locked.



How to move

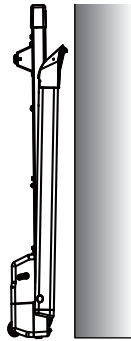
There are two casters located under the front side of the treadmill. If you would like to move the treadmill, please be sure it is folded properly and the deck is fixed. Grip onto the rear end tightly and lift it up from the rear side. If the treadmill is not completely folded and still during movement, it will cause severe injury to the personnel around or damages to the machine.



How to Keep the Treadmill Upright

There are two foot pads on the front end of the treadmill. Once you have folded and locked the console stand, you can straighten up the treadmill. Keep it steadily upright with the foot pads against the floor.

- Place face the side with the foot pods underneath against the wall to prevent the machine from falling over.



CAUTION

- If you would like to leave the machine upright, please place it against a wall and having the two foot pods on the floor.
- When leaving the machine upright, please be cautious to avoid it from being pushed over by external force. The falling machine will cause injury to personnel or damage to the machine.

Routine Maintenance

Keep the treadmill and surroundings clean can effectively decrease maintenance issues. We recommend users to abide by following preventive maintenance procedure. Please make sure the power of treadmill is off and the power cord is unplugged for any maintenance.

Daily maintenance

- Please wipe the treadmill, motor safety cover, console and display console set with clean cloth. DO NOT use any detergent.
- Check if the power cord is damaged. Please contact the distributor or customer service for any damage.
- Make sure the power cord is not pressed by the machine or jammed anywhere.
- Check if there is any stain that can affect operation on the belt.
- Check belt tension. Make sure the uncalibrated belt will not damage other components.

Weekly maintenance

- Move the machine and clean the dust and stain underneath the treadmill. Move the machine back after cleaning.

Monthly maintenance

- Make sure all screws are securely locked.
- Upright the treadmill and check if there is any loose or missing component.

Yearly maintenance

- Please lubricate the shaft of iron pieces, deck, and belt every year to ensure normal operation.

CAUTION

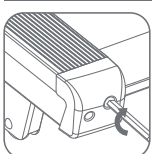
Please make sure the power of treadmill is off and the power cord is unplugged for any maintenance. Please contact the distributor or customer service for any maintenance issue.

Adjust / Maintain the Belt

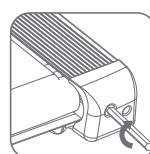
Belt adjustment

The position of belt is adjusted before shipment. However, sometimes the belt may shift off center during transportation. To adjust a slipping belt, please use the enclosed hex wrench turn the screws at rear (both sides) of the deck to the right by 90 degrees until no slippage occurs. Make sure the belt is not moving while adjusting the screw.

The belt stays at the center



The belt slides to the left:
When the belt slides to the left, please fine-tune the rear left screw in a clockwise direction to the right under high speed operation (10KM). Repeat above steps until the belt moves back to the center if the belt still shifts off after 30~60 seconds during high speed operation.



The belt slides to the right:
When the belt slides to the right, please fine-tune the rear right screw in a clockwise direction to the right under high speed operation (10KM). If the belt still shifts off after 30-60 seconds under high speed operation, repeat the steps above until the belt moves back to the center.

Belt maintenance

"LUBE" will be displayed on the digital screen when the accumulated hour reaches 100 hours or distance of 1000km as a reminder for belt maintenance. Please press "STOP" or remove the safety switch and maintain the belt under standby status. After finishing belt maintenance, please press "START", "SPEED UP" and "SPEED DOWN" simultaneously to clear the accumulated hours or kilometers. For belt maintenance, apply the silicon oil (the whole bottle) to the inner side of belt. After the oil is fully applied to the belt, please operate with high speed (10KM) for 10 minutes to make the oil spread evenly on the belt.



CAUTION

- DO NOT adjust the belt when the machine is operating. A tight belt may bring extra load to the frame and electronic components and therefore should be avoided.
- When the belt is adjusted to the center, please test with the speed of 10KM for 30~60 seconds to check if the belt is appropriately tightened and if any deviation occurs. Keep your fingers, hair and clothing away from the belt when testing.

AT100 基本規格

基本規格

機台尺寸：長(LENGTH): 141 CM (55.5 in)
寬(WIDTH): 74 CM (29.1 in)
高(HEIGHT): 123.4 CM (48.5 in)

機台重量：54 KG (118.8 lb)

最大乘載量：100 KG (220 lb)

跑帶面積：48 x 130 CM (19 x 51 in)

馬達：1.5 HP

電壓：□ 110V □ 220-240VAC, 50/60Hz

速度：1~16 (KM/HR)

揚升：3~9 %

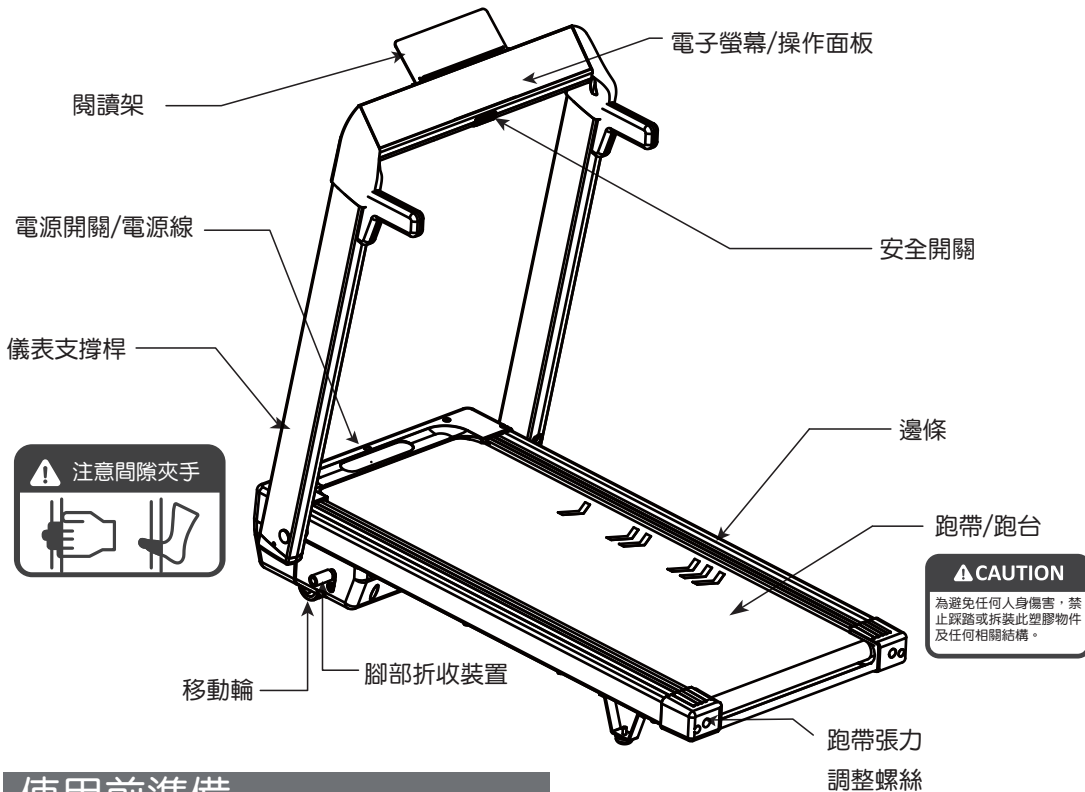
運動模式

P1	MANUAL	手動模式	P10	CARDIO	有氧模式
P2	RANDOM	隨機模式	P11	HR HILL	登頂心律
P3	CROSS COUNTRY	山間模式	P12	CALORIES GOAL	目標卡路里
P4	WEIGHT LOSS	減重模式	P13	DISTANCE GOAL 1.6K	目標距離 1.6K
P5	INTERVAL 1-1	速度間歇 1-1	P14	DISTANCE GOAL 5K	目標距離 5K
P6	INTERVAL 2-1	速度間歇 2-1	P15	DISTANCE GOAL 10K	目標距離 10K
P7	HILL	越野模式	P16	CUSTOM 1	自訂模式1
P8	THR GOAL	目標心律	P17	CUSTOM 2	自訂模式2
P9	FAT BURN	燃脂模式			

基本配備

心跳裝置：NFC, Bluetooth and ANT+

充電裝置：USB Charger



使用前準備

跑步機是套簡易且有效率的運動設備，為快速實現個人健康目標的捷徑

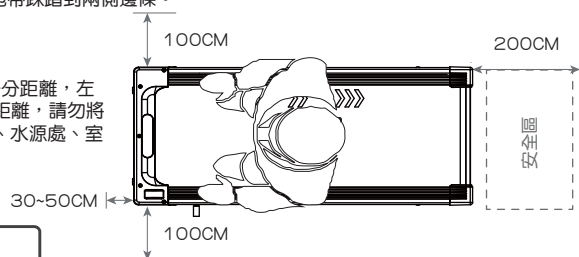
跑步機屬有氧運動，有氧運動有減重、促進心肺功能、增加肌肉張力、增加基礎代謝率等益處，要獲得這些益處關鍵在於養成良好的運動習慣。本跑步機能幫助您在舒適的家中，也能建立健康的運動方式。

運動前請先評估自身狀況並適當使用以下建議的運動方式：

- 1) 運動前請先熱身，熱身幫助您的肌肉伸展，避免各種運動傷害。
- 2) 請穿著有橡膠材質鞋底的慢跑鞋，可減緩您在跑步時對膝蓋產生的壓力。
- 3) 請專心跑步並扣上安全裝置，若跑步時同步使用智慧型裝置或是以任何影音多媒體設備看電影、電視或雜誌，請注意安全，避免因姿勢不良導致運動傷害。
- 4) 跑步速度請採漸進方式，並在自己舒適的速度下再放開扶手。
- 5) 運動時間建議為30分鐘-1小時，同一時間運動太久會造成膝蓋或其他可能的傷害。
- 6) 結束運動時請先快走至慢走，逐漸回復。運動結束後請勿立即離開跑台，以免發生暈眩現象。
- 7) 如遇緊急狀況無法當下停止機台運轉，請盡快跳離跑帶踩到兩側邊條。

跑步機位置

請將跑步機放置在水平表面，跑步機後方需留大於60公分距離，左右兩側需留大於60公分距離，前方請保持大於60公分距離，請勿將跑步機放在室內通風口、排氣處、車庫、開放式庭院、水源處、室外等。



CAUTION
需於穩固且平坦的地面使用器材。
安全使用運動器材的位置為跑帶面積前2/3處，請勿站在跑帶後1/3處運動。

CAUTION
當您準備使用跑步機時，請勿站在跑帶上。啟動跑步機前，請將腳踩在邊條上，待跑帶開始做動後，才能開始在跑帶上行走。切勿以快跑速度來啟動跑步機，請勿嘗試在任何情況下跳上跑步機。

安全開關

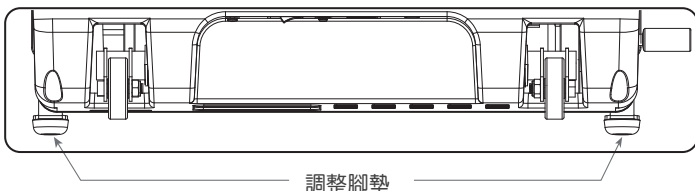
除非安全開關放入定位，否則跑步機不會啟動。運動時請將安全夾夾住您的衣物。安全夾是在您運動不慎跌倒時可立即切斷跑步機電源的安全裝置，請每兩週檢查一次安全開關是否可正常操作。

正確用法

啟動跑步機時請務必以慢速開始，並以小幅增量方式調整至舒適的速度。切勿在無人使用時讓跑步機運轉。不使用時請取下安全開關、關閉電源並拔掉電源插頭。當跑步機啟動以慢速運行時，請先站在邊條上，試著轉動身體和頭部，或將身體和頭部前傾，如您感到暈眩、疼痛、全身無力、呼吸急促等任何不舒適的情況，應立即停止使用跑步機等任何運動設備。

水平放置

電動跑步機使用前必需經過水平調整才適合使用。當您決定將電動跑步機放置在某個地方使用時，請調整跑步機底座上的調節腳墊，調整至最佳位置後固定腳墊。請確認跑步機台已調整至適當高度，再開始使用電動跑步機。



啟動電源

請確定跑步機已經插入正確的電源插座中，開關開啟時開關燈會亮起，嗶聲響起後跑步機電子螢幕會亮起，螢幕亮起至待機狀態後三秒可按「開始(START)」兩次進入快速運動，或選擇運動模式，進行設定後跑步機將以慢速啟動。

CAUTION
請勿在未使用安全夾的情況下使用跑步機。使用前請先將安全夾夾住您的衣物，並嘗試拔出安全開關，確保安全夾不會自衣物上掉落。
電源線或插座有受損情形，可能會導致跑步機運作不正常，造成人身傷害。如有發現此現象，請立即停止操作或使用跑步機。

組裝前

配件包

- 安全開關 x 1
- 電源線 x 1
- 矽靈油(矽油) x 1
- 螺絲x 4
- 扶手把 x 2

注意事項及安全說明

- 1) 運送和搬動本跑步機時請務必小心輕放，請將跑步機紙箱放在平坦表面上，切勿在紙箱側放的情況下打開紙箱，建議您在地板上鋪上防護墊。
- 2) 解開包裝袋後，如需抬起或搬動跑步機，請先將跑步機收折為平整狀態，確定卡榫固定才可移動跑步機，請勿嘗試將跑步機吊升。
- 3) 切勿抓握跑步機單一零件或支架，試圖抬起或移動跑步機。

CAUTION

組裝過程或組裝順序請遵照本說明書，確認所有零件皆已完全固定。沒有確實遵照組裝說明可能會造成跑步機的零件未鎖緊或完全固定，而導致任何零件鬆脫並發出擾人聲音，或可能會導致任何人身傷害。為避免損壞跑步機，請務必詳讀組裝說明。
部分零件有事先潤滑過，以方便使用者組裝，請勿任意將潤滑油擦掉。組裝時如有困難，可使用少許的潤滑油協助零件的組裝，建議使用自行車專用的鋸基潤滑油。

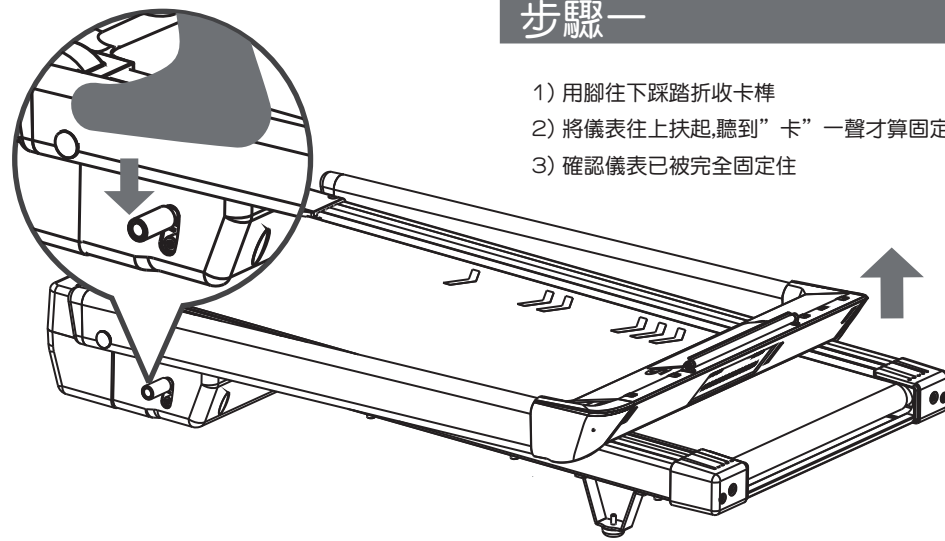
CAUTION

如果有任何疑問或缺少零件，請聯絡所購買之經銷商或請撥打保固卡上本公司電話號碼，洽詢客服技術支援。
組裝前請先確認保固卡標示的產品序號與機台上標示的產品序號相同，如發現標示的產品序號不同，請不要組裝跑步機並請立即連絡本公司客服人員或所購買之經銷商。當需要維修時，不能提供保固卡標示的產品序號與待修機台的产品序號不一致時，將不予保固。

組裝

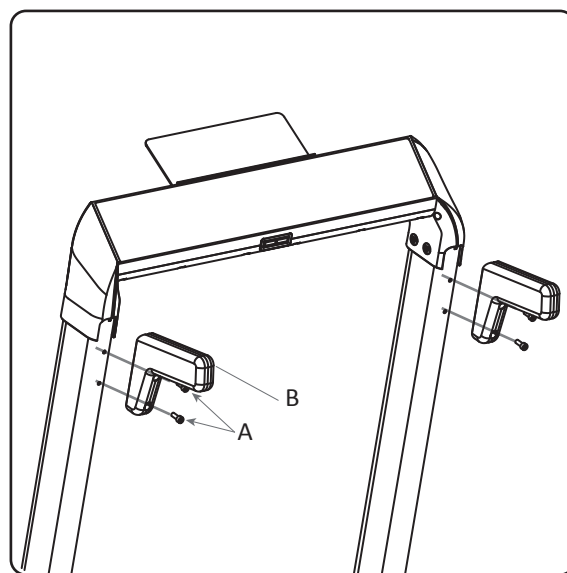
步驟一

- 1) 用腳往下踩踏折收卡榫
- 2) 將儀表往上扶起，聽到“卡”一聲才算固定
- 3) 確認儀表已被完全固定住



步驟二

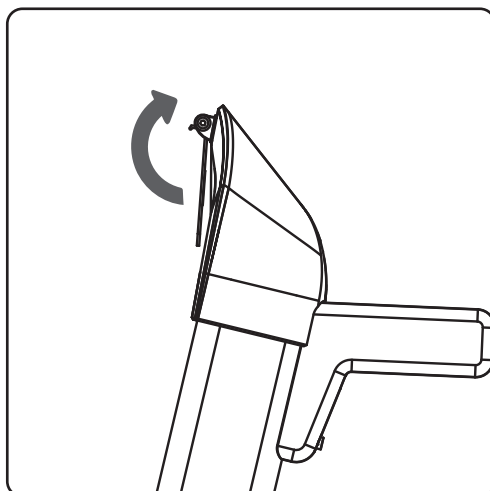
- 1) 取出左右扶手
- 2) 將螺絲穿過扶手鎖緊,即可使用



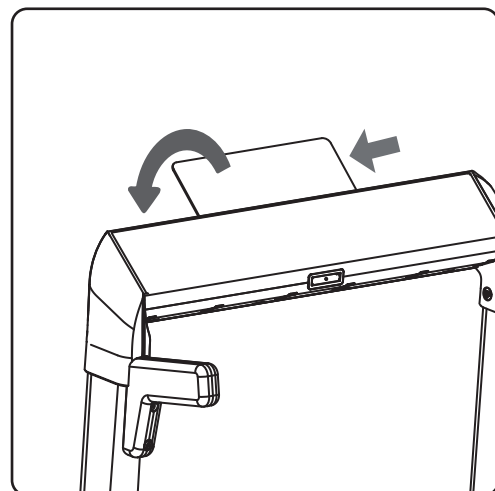
Hardware pack for step 1				
Parts	Illustration	Type	Description	Qty
A		Screw	Button Head Socket Bolt (55L)	4
B		Handle	Button Head Socket Bolt (20L)	2

步驟三

- 1) 書報架直接掀開即可使用



- 2) 收納時書報架先向推向左側即可往後折收



接地說明

接地說明

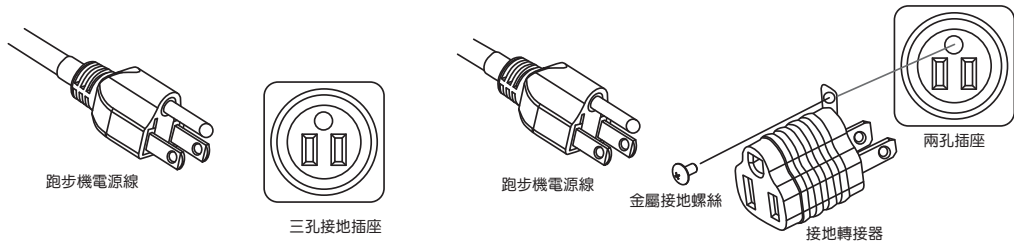
本產品電源插槽備有接地導體，此插槽必須透過具備接地插銷電源線插入電源插座中，該插座需根據當地電源及法規法令正確且安全的安裝與接地。

插座說明

本產品使用額定220或110伏特電壓，並附有一條三插孔電源線，如下圖。

如沒有可用接地插頭，請使用接地轉接器，轉接器可用來連接此插頭到兩孔插座。請聯絡合格電工安裝正確的接地插頭後，才能使用接地轉接器。每次使用接地轉接器時，請將把手或類似轉接器延伸物與固定地表連接，請使用金屬螺絲固定，如下圖。

請於開關旁的規格貼紙或參閱本說明書機台規格說明，確定本跑步機使用的電源線為220或110伏特電壓，請勿接在錯誤的電壓插座上，也請勿透過各種轉接器或延長線使用本跑步機的電源線，避免提供電流過大或過小，導致機台元件損毀，造成各種人身傷害。

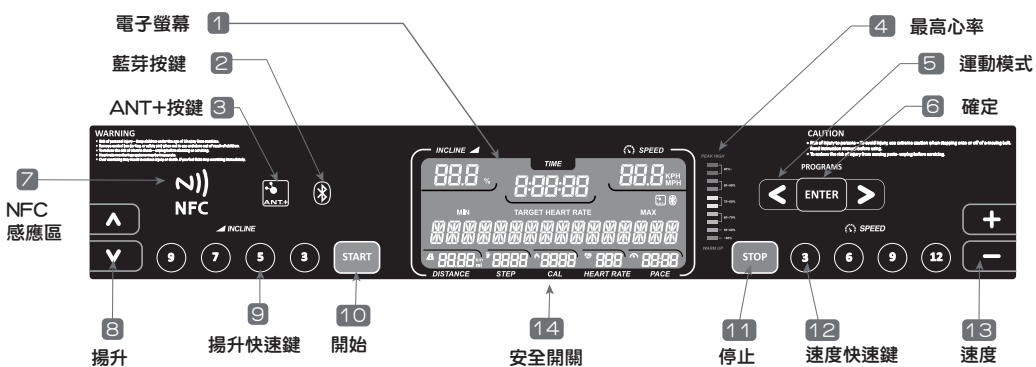


CAUTION

- 上圖僅表示三插孔電源線及三孔接地插座，或兩孔插座及接地轉接器。三孔接地插座、兩孔插座、接地轉接器會因國別不同而有各種型式。本跑步機使用的電源線會依各國使用規範提供符合當地使用的電源線。
- 請勿將電源線接在錯誤的電壓插座，也請勿使用電壓轉接器或是延長線做媒介接於插座上，此舉可能會出現不可預測的電流量，造成機台元件的損毀，導致各種人身傷害。

面板按鍵操作說明

在操作面板上有一層透明的保護膜，使用前請先將保護膜撕下。



- 1) 電子螢幕：顯示運動時間、距離、卡路里、心率、步數、坡度、速度等相關資訊
- 2) 藍芽顯示/配對：短按可切換配對裝置的心跳數值及與智慧型裝置APP 進行配對。長按進行任何穿戴式裝置配對。
- 3) ANT+顯示/配對：短按可切換配對裝置的心跳數值。長按進行任何穿戴式裝置配對。
- 4) 最高心率：燈號不同代表不同運動強度，可即時觀看當下心率區間。
- 5) 運動模式：左右選擇鍵，可直接切換，選擇設定運動訓練模式。
- 6) 確認(ENTER)：運動模式數值設定時，按下此鍵為確認進入下一資料輸入。
- 7) NFC感應區：配對裝置可切換配對裝置的心跳數值。
- 8) 揚升(INCLINE)：上下可切換各坡度值。
- 9) 揚升(INCLINE)快速鍵組：可迅速切換熱身、訓練等各坡度值。
- 10) 開始/快速運動(START)：按下後可直接開始運動，或在運動模式選擇按下後開始運動。運動暫停後按下可再度開始運動。
- 11) 停止/暫停(STOP)：按下後可暫停運動，再次按下停止運動並整合運動資料。
- 12) 速度(SPEED) 快速鍵組：可迅速切換熱身、快跑等各速度值。
- 13) 速度(SPEED)：上下可切換各速度值。
- 14) 安全開關：當安全開關插入後，可操作及啟動跑步機。安全開關未插入時為緊急模式，無法進行任何的操作行為。

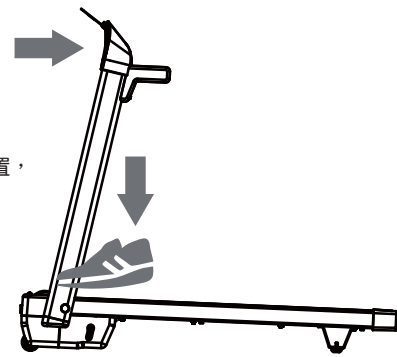


- | | |
|---|--|
| 88888 1) 時間：以時、分、秒顯示。顯示您的運動時間或持續運動時間。 | 7) 步數：顯示步數。 |
| ▲ INCLINE 2) 坡度：以段數顯示。顯示在跑步機上快走或是跑步時的坡度。 | 8) 坡度：顯示跑步的總距離。 |
| ⚡ SPEED 3) 速度：以公里或英里顯示。顯示在跑步機上快走或是跑步時的速度。 | 9) 總卡路里：可顯示目前消耗的總卡路里。 |
| PROG 4) 運動模式：運動模式選擇 | 10) 心跳：可顯示目前的心跳表示運動強度。 |
| KMH MPH 5) 公里與英里：以顯示電子表內距離單位以公里或是英里計算。 | 11) 藍芽連線圖示：任何穿戴式裝置以藍芽連接，切換至此圖示時，心跳顯示為藍芽偵測的數值。 |
| LUBE 6) 加油提示：顯示加油。當累積使用達100小時或1000公里，會提醒。 | 12) ANT+連線圖示：任何穿戴式裝置以ANT+連接，切換到此圖示時，心跳顯示為ANT+偵測數值。 |

移動/搬動跑步機

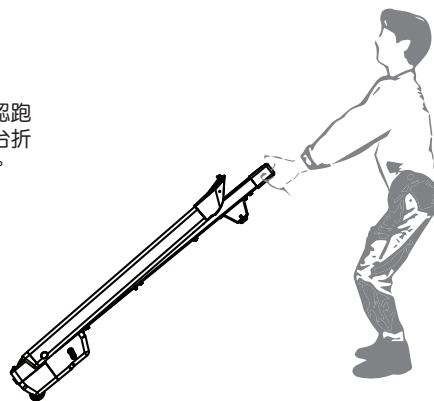
折疊說明

請用腳踩踏紅色卡榫折收處，小心將儀表向下放置於跑板水平位置，直到卡榫鎖上。



移動說明

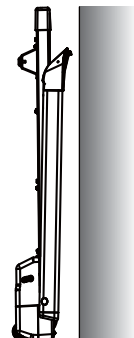
跑步機機台內建兩組移動輪，若要移動請先將跑步機折疊起，確認跑板已固定，再緊握機台車架將跑步機向上提起並移動。如未將機台折疊固定即嘗試移動或搬動跑步機，將會導致人身傷害或機台損毀。



如何站立

跑步機的馬達上蓋前方有兩顆固定支撐墊，請於儀表確定折收後可從機台後方抬起並直立，確認機台穩定站立並腳墊有貼於地面。

安全注意：請將固定支撐墊放於接近牆面



CAUTION

- 直立折收時請緊貼於牆面確定機台穩定站立及確保腳墊有貼於地面
- 直立折收時請避免外力誤推導致機台重心不穩而傾倒造成受傷

定期保養

保持跑步機及其周圍環境的清潔，可以有效減少維修問題，建議您遵守以下說明的預防性保養流程。請注意：任何階段保養時請務必將跑步機電源關閉，插頭拔起。

每日保養

- 1) 請以乾淨的布料擦拭跑步機、馬達蓋、儀表組、電子表組等，切勿使用清潔液或任何清潔溶劑。
- 2) 檢查電源線是否有破損或任何損毀，如有破損請聯絡所購買之經銷商或是本公司客服人員。
- 3) 確認電源線沒有被壓在跑步機下面或其他可能卡住的地方。
- 4) 檢查跑帶上是否有任何會影響運轉的髒污。
- 5) 檢查跑帶鬆緊度，確認跑帶不會因沒有校正而損傷跑步機其他元件。

每周保養

- 1) 請將跑步機立起，確認氣壓棒卡榫可正常固定。
- 2) 移動跑步機，清潔跑步機底下的灰塵髒物。清潔完請將跑步機移回原處。

每月保養

- 1) 檢查跑步機所有螺絲都牢固鎖緊。
- 2) 將跑步機立起，檢查是否有元件鬆動或是掉落。

每年保養

- 1) 為保持跑步機的運作正常，請每年為跑步機的鐵件轉軸處、跑板、跑帶等上潤滑油。

CAUTION

- 任何階段保養時請務必將跑步機電源關閉，插頭拔起，確認跑步機在完全無通電的情形下再進行保養工作。有任何保養上的問題可洽本跑步機所購買之經銷商或是本公司的客服人員。

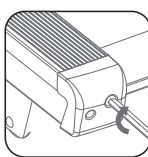
調整跑帶/保養

調整跑帶

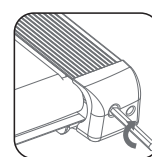
跑帶在出廠時皆已調整好，有時在運輸過程中會造成跑帶偏離中心的可能。

如果跑帶打滑請使用我們提供的六角板手，在跑帶靜止的情況下，同時調整跑台左右側後方的螺絲，向右(順時針)方向轉1/4圈(90度)，直至不打滑為止。

跑帶居中



跑帶偏左：
如跑帶偏左，請於高速運轉(10KM)的狀態下，調整機台左後方螺絲，向右順時針微調，待跑帶於高速運轉30秒~1分鐘後，如仍未居中，請依上述調整方式調整至跑帶居中。



跑帶偏右：
如跑帶偏右，請於高速運轉(10KM)的狀態下，調整機台右後方螺絲，向右順時針微調，待跑帶於高速運轉30秒~1分鐘後，如仍未居中，請依上述調整方式調整至跑帶居中。

跑帶保養

當跑步機累積時數達100小時或1000公里，電子表螢幕會出現LUBE字樣，提醒使用者需進行跑帶保養，請按下”停止(STOP)”或取下安全開關，進入待機狀態進行跑帶保養，當加完油後需同時按”開始(START)”、”速度上/下鍵(SPEED UP/DOWN)”、清除累積的時數或公里數資料。跑帶保養以矽靈油整罐擠壓在跑帶內側，完成後請以高速(10KM)運轉跑帶10分鐘，讓矽靈油能均勻分布在跑帶上。



CAUTION

- 請勿在跑步機運轉時調整跑帶鬆緊度，跑帶太緊會造成底座支架和電子元件額外的負荷，請勿將跑帶調整太緊。
- 跑帶調整至居中時，建議以10KM速度測試30秒~1分鐘，查看跑帶鬆緊度是否適當及跑帶是否有偏移現象。測試時請保持手指、頭髮、衣服等遠離跑帶。